

October - 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9:00 Exercise 10:00 Scrabble 12:00 Poker 12:30 Line Dancing	9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 Vision Group 11:00 Computer 101B 12:30 Bridge 1:00 Cribbage	Shopping Shuttle/Shaws 9:00 Exercise 10:00 Handicrafts 12:00 Poker 1:00 BINGO*	9:00 Art Assoc. Class 9:30 Chair Yoga 1:00 Oil Painting 1:00 Knit/Crochet 1:00 Computer 102 1:00 Rummikub 1:00 BELD Tour ending at COA	9:00 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker 12:30 Quilting Class 1:00 Women's poker
9	10	11	12	13
HOLIDAY COLUMBUS DAY SENIOR CENTER CLOSED	9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 Blood Pressure at COA Senior Center 10:00 Walking Group 11:00 Computer 101B 12:30 Bridge 1:00 Cribbage 3:00 Supper Club SSH	Shopping Shuttle/S&S 9:00 Exercise 10:00 Handicrafts 10:30 Triad Meeting 12:00 Poker	9:00 Art Assoc. Class 9:30 Chair Yoga 10:00 Photography 12:00 Lunch Program* 1:00 Oil Painting 1:00 Knit/Crochet 1:00 Computer 102 1:00 Rummikub	9:00 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker 12:30 Quilting Class 12:30 Prescription Advantage Seminar 1:00 Women's Poker
16	17	18	19	20
9:00 Exercise 10:00 Birding Group 10:00 Scrabble 12:00 Poker 12:30 Line Dancing 1:00 Belles & Beaux	9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 11:00 Computer 101B 12:00 Lunch Program* 12:30 Bridge 1:00 Cribbage 1:00 Ask the Lawyer (by appointment only) 2:00 Eye Exams (by appointment only)	Shopping Shuttle/Shaws 9:00 Exercise 10:00 Handicrafts 12:00 Poker 1:00 BINGO* 1:00 Hearing Exams (by appointment only)	9:00 Art Assoc. Class 9:30 Chair Yoga 12:00 Lunch Program 1:00 Oil Painting 1:00 Knit/Crochet 1:00 Computer 102 1:00 Rummikub	9:00 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker 12:30 Quilting Class 12:30 Ask the Lawyer (by appointment only) 1:00 Women's poker 2:00 COA Board Meeting (open to public)

<p style="text-align: right;">23</p> <p>9:00 Exercise 10:00 Birding Group 10:00 Scrabble 12:00 Poker 12:30 Line Dancing 1:30 Prescription Advantage Seminar</p>	<p style="text-align: right;">24</p> <p>9:00 Stop & Shop Bus 9:00 Chess 9:30 Computer 101A 10:00 SHINE Ins. help (by appointment only) 10:00 Walking Group 11:00 Computer 101B 11:00 Red Hat Meeting 12:00 Lunch Program* 12:30 Bridge 1:00 Cribbage 3:00 Supper Club Restaurant</p>	<p style="text-align: right;">25</p> <p>Shopping Shuttle/S&S 9:00 Exercise 10:00 Handicrafts 12:00 Poker 12:00 Movie/bag lunch* Movie: Sentinel (Michael Douglas & Kiefer Southerland)</p>	<p style="text-align: right;">26</p> <p>9:00 Art Assoc. Class 9:30 Chair Yoga 10:00 Photography 12:00 Lunch Program 1:00 Oil Painting 1:00 Knit/Crochet 1:00 Computer 102 1:00 Rummikub 2:00 Associates Meeting COA fall foliage trip today ticket holders only.</p>	<p style="text-align: right;">27</p> <p>9:00 Exercise 10:00 Weight Loss Support group 11:00 Tai Chi 12:00 Poker 12:30 Quilting Class 1:00 Women's poker</p>
<p style="text-align: right;">30</p> <p>9:00 Exercise 10:00 Birding Group 10:00 Scrabble 12:00 Poker 12:30 Line Dancing 1:00 Tea at Savoy*</p>	<p style="text-align: right;">31</p> <p>9:00 Stop & Shop Bus 9:00 Blue Hills Beauty Day. Call to reserve spot! 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 11:00 Computer 101B 12:00 Lunch Program* 12:30 Bridge 1:00 Cribbage 2:00 Bring great/grand children to COA to trick or treat. Refreshments will be served.*</p>		<p><u>Important:</u></p> <p>If you sign up for a special activity and can not make it, <u>please</u> call to cancel.</p> <p>We use the sign up list for ordering food, table set up & often have a waiting list for big parties.</p> <p>Thank You!</p>	<p><u>Please note:</u></p> <p>Special activities * will have article in newsletter with all information regarding activity, cost, sign up requirements etc.</p> <p>You can also call the COA for info 781-848-1963</p> <p>Thank You!</p>

